D100 Foraged foods, herbs, and drugs

By Kelley Cosgrove

Recommended Use: Roll a DC 13 check using Survival, Nature, or Herbalism kit. On success, you may roll once on the following D100 chart for each hour spent foraging. On failure, you will be unable to reliably identify what you forage. In this case, you and the DM both roll on the D100 chart. Your roll determines what you believe you have foraged, and the DM's roll reflects the actual effects of your misidentified foraged plants. Roll 1d3 for quantity. For food, this determines number of servings. For herbs and drugs, this determines number of uses.

Side Effects: Where side effects are listed, one must make a DC 13 Constitution saving throw or suffer the side effects and be effectively poisoned. A result of 5 or below causes one to drop to 1 hit point and fall unconscious for 1d3 hours. If no duration is noted, side effects last 1d3 hours or until your next rest.

Addiction: Where noted, user must make a DC 7 constitution save to avoid addiction. When addicted, user is effectively poisoned and suffers a degree of exhaustion, unless the drug is used daily. It takes 1d8 days to detox and escape this effect, suffering another degree of exhaustion each day, though never reaching the point of death. With each use of the drug, the constitution save increases by 1.

Leafy Greens

1. **Clover**: The leaves and flowers can be eaten as greens or dried for tea.
2. **Sheep Sorrel**: This leafy vegetable has a tangy, slightly bitter flavor.
3. **Wood Sorrel**: The small, heart-shaped clover-like leaves can be eaten in salads.
4. **Pigweed**: Leafy greens that can be used as spinach, and tiny seeds that can be roasted.
5. **Curly Dock:** The young leaves of this green can be added to salads.
6. **Mallow**: The young leaves of this weed can be eaten raw, and the mature leaves cooked.
7. **Miner's Lettuce**: This delicate leafy vegetable can be added to salads.
8. **Lambsquarter**: This leafy green vegetable can be used like spinach.
9. **Purslane**: These small succulent leaves can be eaten raw.
10. **Chickweed**: These tiny leaves are similar to baby lettuce.
11. **Wild Mustard Greens**: These bitter greens are best eaten cooked.
12. **Chicory**: These leafy greens are bests blanched and added to salads.
13. **Broadleaf Plantain**: A delicious dark green leafy weed.
14. **Wild violets**: Flowers and leaves can be eaten raw in salads or cooked as greens. Flowers can be candied or made into jellies.
15. **Dandelion**: The taproot can be roasted, ground, and made into tea (tastes like coffee). The leafy greens can be eaten raw or cooked.

Vegetables

16. **Lotus stem**: A hearty, crunchy, starchy vegetable. A delicious addition to soups.
17. **Cattail**: The immature flower heads can be eaten like corn on the cob. The young sprouts can be prepared and eaten like asparagus. The starchy rootstocks can be used to make flour.
18. **Wild Ginger rhizome**: Used as a zesty seasoning in cooking.
19. **Wild Garlic**: The shoots and bulbs can be used as a seasoning in cooking.
20. **Ramps**: These wild leeks are delicious raw, pickled, or cooked.

Ferns, Lichens, and Fungus

21. Ostrich Fern Fiddleheads: These young ferns must be thoroughly cooked before they can be eaten. Side effects: nausea, vomiting, digestive upset.
22. Bracken Fiddleheads: These young ferns must be thoroughly cooked before they can be eaten. Side effects: nausea, vomiting, digestive upset.
23. Rock Tripe Lichen: This grayish lichen can be thoroughly cooked and added to soups.
24. Reindeer Moss: This silvery gray branched lichen can be powdered and used as a thickener.
25. Iceland Moss: This lichen grows in tufted, paper-thin brownish green mats. It can be powdered and used as a flour or thickener.
26. Oyster Mushroom.
27. Chicken Mushroom.
28. Chanterelle Mushroom.
29. Morel Mushroom.
30. Giant Puffball Mushroom.
31. Hedgehog Mushroom.
32. Bolete Mushroom.
33. Shaggy Mane Mushroom.
34. Porcini Mushroom.
35. Lion's Mane Mushroom.

Nuts & Fruit

36. Acorn: Nutmeats can be made edible if boiled for a long time. Side Effects: Nausea, vomiting.
37. Black walnut: Nuts can be eaten; husks can be used to make dye.
38. Chestnut: A delicious tree nut.
39. Hickory nut: A delicious tree nut.
40. Hazelnut: A delicious tree nut.
41. Crab apple: These bitter fruits can be used to make jam.
42. Paw Paw: This small brown tree fruit has a consistency and taste similar to banana.
43. Juniper berry: These small blue berries have an astringent, pine like taste.
44. Wild cherry: These small tart fruits can be made into a delicious jam.
45. Wild raspberry: These small berries can be eaten raw or made into jam.
46. Wild Blackberry: These small berries can be eaten raw or made into jam.
47. Wild Grapes: Can be eaten raw, juiced, brewed into wine, or made into jam.
48. Chokeberry: Small delicious black or red berries.
49. Juneberry: Delicious blueberry-like fruits.
50. Mulberry: A delicious berry that can be eaten raw, cooked, or dried. Roll a DC 10 perception check. On fail, you unknowingly pick unripe berries (see Mulberry leaves).

Poisons

51. Mulberry leaf: Poisonous leaves that will induce severe gastrointestinal upset if consumed. Unripe mulberries also have this effect.
52. Deadly Nightshade: This poisonous plant can be deadly when consumed. 3d6 poison damage.
53. Hemlock: This poisonous plant can be deadly when consumed. 3d6 poison damage.
54. White Snakeroot: This poisonous herb can be deadly when consumed. 3d6 poison damage.
55. Oleander: This poisonous plant has beautiful flowers. Causes 3d6 poison damage.

Fauna

56. Fat, nutritious grubs.
57. Snails.
58. Quail Eggs.
59. Duck Eggs.
60. Honeycomb.

Herbs

61. Elderberry: Use encourages a healthy immune system. Roll a D20. On a 20, gain 5 temporary HP.
62. Valerian root: A mild herbal sedative.
63. Skullcap: A mild herbal sedative. A tea can be made from the leaves.
64. Nettle: This prickly herb can be made into a nutritious tea.
65. Spicebush: The young leaves, twigs, and bark can be steeped to make an aromatic tea.
66. Slippery Elm: The slimy inner bark can be brewed into a wholesome tea, taken for sore throat.
67. Chamomile: A mild calming herb that can be used to make tea.
68. Holy Thistle: This lightly spiny herb can be brewed into tea.
69. Mint: Can be used as a flavoring or brewed into tea.
70. Lavender: This fragrant herb can be used to brew a delightful tea.
71. Comfrey: The roots can be used topically to treat bruises. Roll a D20. On 20, you gain 1d3 HP.
72. Yarrow: Can be used topically to treat cuts, scrapes, burns. Roll a D20. On 20, you gain 1d3 HP.
73. Burdock: When this leafy green is consumed, it acts as a liver tonic and helps with skin problems.
74. Sweet Birch: The bark can be steeped for tea and used as an analgesic. The next time you take damage, subtract 1d3 from the damage. Lasts until your next rest. Side Effects: Nausea, Tinnitus.
75. Black willow: Bark can be chewed to relieve pain and fever. Roll a d20. On a 20, you gain 1d3 HP.
76. Coneflower: This plant can be made into tea. Use encourages a healthy immune system. Roll a D20. On a 20, you gain 5 temporary HP.
77. Ginseng: A mild herbal stimulant that can be chewed or brewed into tea. Roll a d20. On a 20, gain +1 to perception checks for 1d3 hours after consumption.
78. Old Man's Beard: This sage-green lichen has a hair-like appearance. It has antibiotic properties. Can be used to cure disease, takes d100 minutes to take effect.
79. Pine Needles: These evergreen leaves make a nutritious tea.

Psychoactive Plants

80. A buried, sealed cask of ale.
81. Halfling Hearts: These succulent heart shaped leaves can be mixed with food. Each leaf restores 2d4+4 HP. Side effects: nausea and vomiting.
82. Ember Berry: Eating faintly glowing black berries causes a deep state of calm. Illusory flames begin cloaking the user's body. As long as one remains focused and calm, the flames can do no harm. Succeed a DC 13 Wisdom save or take 1d10 fire damage as the flames burn you.
83. Wandercap: When ingested, these gray mushrooms cause a deep trance. The user experiences vivid, nonsensical hallucinations that sometimes hint about events in the near future. Addicting. Side effects: Nausea, vomiting, sweating, fever, suicidality.
84. Drakeroot: Nectar, when drunk, causes a coma, during which one's outer layer of skin becomes like a cocoon. After 1d3 hours, one emerges with full health and any diseases and scars gone. The user cannot heal from rest for 1d3 days after use. Side effects: rash, pain, burning sensation.
85. Dreamsliver Mushroom: When placed between cheek and gum, it induces hallucinations and euphoria. Causes extremely vivid waking dreams, lasting 1d12 hours. Addicting. Side effects: blackened teeth, panic, nightmarish experiences.

86. Barb: This plant's stalk is covered in thorns. Individual thorns can be pulled off and used to scrape or pierce skin. Induces a warm sensation radiating from wound, euphoria, somnolence, and delirium. Addicting. Side effects: Infection, pain, burning, coma.
87. Goji Leaves: When ingested, offer resistance to bludgeoning/piercing/slashing damage, and advantage on STR checks and saves. User beams with confidence and vigor. Lasts 1d3 hours. Addicting. Side effects: weakness, sleepiness, susceptibility to magical damage.
88. Sundrop: A bright yellow and orange flower. When consumed, causes contentedness and warm feelings. Addicting. Side effects: fatigue, depression, fever. Upon a side effects save of 5 or below, the drug radiates through the body, burning you alive from the inside (3d6 fire damage).
89. Devil's Root: The black root can be ground up and snorted. The user blacks out and sees visions of hell. Once in a while, these visions allow the user to see the future. Side effects: Nosebleed, congestion, vomiting. If your side effects save is 5 or below, you suffer a permanent madness.
90. Tophat: This green flower is shaped like a small top hat. If consumed, it melts in your mouth, magically granting you a wondrous appearance. You gain advantage on CHA checks for 10 minutes. Side effects: Numbing of the mouth that can cause difficulty speaking, negating the advantage to CHA where speech is involved.
91. Elendran Pipeweed: When smoked, the leaves of this weed give the user -4 intelligence and +2 wisdom for 1 minute. Addicting. Side effects: nausea, vomiting, coughing, fainting.
92. Dragonsbeard: This red and golden moss, when smoked, causes a intoxicating euphoria and makes the user incapable of lying. Lasts 1d3 hours. Addicting. Side effects: coughing, nausea, nosebleeds, uncontrollable laughter, crying spells.
93. Blackroot Lichen: When chewed, causes a pleasant tingling sensation of the lips and mouth, and offers the user mental sharpness and alertness. You gain +2 to perception checks for 1d3 hours. Addicting. Side effects: The user vomits for 1d3 minutes, effectively incapacitated.
94. Weirdling Weed: Drinking tea brewed from leaves causes the user to glow with magic. Roll on the wild magic table. Roll a DC16 Wisdom check. On success, the wild magic effect occurs. On failure, you simply hallucinate the wild magic effect. Side effects: fainting, nausea, flushing.
95. Stinger Stalk: The tough stalk of this thorny weed can be split, and the sap applied to wounds, granting HP equal to (1d4)x(half your level rounded up). It also causes immense pain, and you are effectively poisoned until your next rest. Side effects: Intense pain, numbness, seizures.
96. Halfling Weed: When smoked, induces mellowness and very mild hallucinations. You gain +1 to INT and WIS checks for 1d6 minutes. Addicting. Side effects: hay fever and drowsiness.
97. Styxweed: The root can be eaten raw or made into tea. After consuming, one cannot remember anything that happens to them for the next 8 hours. A constitution saving throw of 12 lowers it to 6 hours, 15 to 4 hours, 18 to 1 hour, or 20 to completely ignore the effect.
98. Angel's Trumpet: Ingesting the flowers causes one's vision to become fogged, and they can see and converse with the dead. Lasts 10 minutes, but may recur randomly thereafter. Until your next long rest, roll 1d20 each hour. Effects recur if you roll a 19-20. Effects end for good if you roll a 1. Side effects: You are effectively blinded for the duration if you fail the side effects save.
99. Gorgon Mushroom: Consumed raw or dried. Causes paralysis and a vivid hallucinatory lucid dream state for 1d3 hours. Addicting. Side effects: Nightmarish phantasmagoria, recurring waking hallucinations for 1d3 days afterward, causing user to be effectively frightened.
100. Speedstalk: You can cut the stalk of this thorny briar and suck out the watery sap. Your movement is increased by 10ft. for 1d3 hours. Addicting. Side effects: Your speed is reduced by 10ft for 1d3 hours and you suffer one level of exhaustion. (These side effects occur after the effects of this herb wear off, if you fail the side effects save).